

St. Lucia & the Grenadines

Global Sailing Destinations



January 5-15, 2019



Modern Sailing School and Club

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St. Lucia & The Grenadines

Global Sailing Destinations

Discover the enchanting Windward Islands of the Caribbean with Modern Sailing School and Club. Our flotilla will sail the dazzling turquoise-hued waters of St. Lucia and the Northern Grenadine Islands from January 5 to 15, 2019. Pack your swimsuit and breezy tropical apparel in your duffel bag and escape the doldrums of the post-holiday season. Join a club boat with a professional captain or skipper your own charter boat with family and friends, supported by the experts at Modern Sailing. We have selected a variety of boats to meet your every need.

WHY THE WINDWARD ISLANDS?

The Windward Islands are located in the Southern Caribbean and offer a wonderful blend of brisk open ocean sailing with balmy temperatures, tropical trade winds, and warm, crystal clear water year-round. The winter months provide ideal conditions for sailing and exploration. St. Lucia offers gorgeous beaches and an abundance of sea and shore adventures. Enjoy snorkeling off remote cays, kayaking, unique cuisine, excellent diving, and searching for pirate treasures while enjoying the relaxed pace of “island time.” Delight in brisk sailing on long stretches of open waters with steady trade winds filling the sails on bright sunny days, with an occasional rain squall and picturesque rainbows. Escape the dreariness of January with Modern Sailing to celebrate a tropical vacation with friends, family and fellow sailors.



WHY A MODERN SAILING FLOTILLA?



Modern Sailing offers expertise in all aspects of the trip and two ways to participate. Whether you are a first-time adventurer or seasoned traveler, Modern Sailing provides you with all of the benefits of a well-planned Global Destination Trip with friendly, expert captains who have sailed these waters before. Or, you can skipper a bare boat with the assistance of a mentor instructor to guide you from beginning to end. We will be there to help plan your trip, learn the routes, anchorages, and selection of mooring balls, and answer questions about sailing or shore activities. Take your sailing dreams to new heights as we cast off the lines and explore St. Lucia and the Grenadines.

TRAVEL ARRANGEMENTS



You are responsible for booking your own airfare. Airfare will likely be about \$800 to \$1500 per person. There are no non-stop flights from the Bay area to St. Lucia, but you have options. From San Francisco, you can change planes in the US on the East Coast or Texas and then fly to Viex Fort (UVF) which is about 40 km from the SunSail base on the Southern end of the island. Your other option is to fly into the capital of Castries (SLU) which is only 8 km from the SunSail base, but has many fewer options for flights.

There are several major airlines that fly to St. Lucia including American Airlines, Delta, Air Canada and Jet Blue. Be aware that some airlines connect you through New York, Boston, or Philadelphia. Be cautious of booking through this route as this is January and a storm on the East coast could delay you by a week.

Regardless which airport you pick it is strongly advisable to purchase travel insurance in case there are travel delays or interruptions. While we do not make specific recommendations we can offer suggestions about what to compare and you might be affiliated that will provide you with adequate coverage without breaking the bank.

Trips can be from 12 to 20 hours, so book your flight early and plan to arrive early to recover from air travel on the beautiful island of St. Lucia. It is about 40 miles from the airport to the SunSail base in Rodney Bay along the beautiful coast. Sit back and relax along the way, or stop and stay at a wonderful St. Lucia resort or B&B.

WHAT TO BRING

Passport: We will be traveling to St. Lucia, St. Vincent, and the Grenadines. There is no visa required for US citizens, but check with your state department if you are traveling from a different country. Please ensure your passport is current and will not expire for at least six months after the conclusion of trip (valid until at least June 15, 2019).

Luggage: We suggest traveling light. Your gear should fit in a medium duffel bag and a small carry-on bag. Your carry-on should be less than 15 pounds. We recommend using a dry bag or backpack. Both bags should be collapsible for easy storage on the boat in small space. Do not bring bags with hard frames as they are difficult to stow.

Gear: We have found that people often only use about half of what they bring. A great way to bring only what you use is to lay all your items out and reduce it by 50%. Lay them out again and then reduce again. Gear weight depends on weather conditions of course, but lightweight layering pieces made of moisture-wicking fabric that will dry quickly is essential. Your total gear weight should be less than 55lbs, including carry-on.

Sun conditions can be very different than in San Francisco Bay. Consider lightweight clothing that covers exposed areas without adding bulk or weight. There are a variety of lightweight pants, shirts, and blouses that provide UV protection. Sunscreen and hats are essential.

What not to bring: Different states and countries have different travel rules, regulations, and considerations. If you have specific questions about an item, ask us. Some general items you should **not** bring are illegal drugs, weapons, hair dryers, expensive jewelry, pets, rigid suitcases, surfboards, golf clubs (it has happened), fireworks, and dive tanks. Linens, towels, and pillows are provided on each boat and are not necessary to bring.

Considerations: The charter base will have a variety of snorkel gear and equipment to choose from. These items are included in the cost of the trip. Again, you are more than welcome to bring your own. Keep in mind that these items tend to be bulkier and heavier. A reasonable compromise may be to bring your own mask and snorkel and use the fins provided on board.

PFD's (lifejackets) are provided on the boat. However, you are more than welcome to bring your own. [THIS IS REALLY NOT WORTH THE HASSLE OF GETTING CO2 CANISTERS THROUGH TSA]

Suggested Packing List:

<u>CLOTHING</u>	<u>NON-CLOTHING</u>
<ul style="list-style-type: none">● Quick-dry t-shirts, sun shirt● Shorts w/zipper pocket● Swimsuits and cover-ups● Sweater or fleece jacket● Deck shoes, water shoes, reef shoes, or sandals (they will get wet)● Hiking shoes for exploring beyond the shore● Long sleeve shirt for snorkeling● Lightweight rain jacket/pants● Extra towel (microfiber quick-dry)● Long and short pants● Casual evening attire	<ul style="list-style-type: none">● Passport (copies)● Cash● Sunscreen● Insect repellent● Polarized sunglasses (2 pairs)● Camera● Personal hygiene items● Medications with prescriptions● Special dietary Items● Flashlight and batteries● Dry bag and backpack● ZipLock bags● Bio-degradable soap/shampoo● Electronics with chargers● Sailing gloves

WEATHER

The weather in the St. Lucia is beautiful year-round. The month of January is characterized by an average high temperature of 84°F or above. Daily low temperatures average 73°F, although there can be a chill in the air when it rains.

The Windward Islands have two seasons and the most common forms of precipitation are brief squalls or thunderstorms. This is the second month of the dry season and rainfall averages approximately 2.1" in January with an average of 10 days with some precipitation. The islands will be lush and green at this time of the year.

The average water temperature is approximately 81°F, so plan on enjoying the water.



WIND CONDITIONS, CURRENTS and TIDES

In January, trade winds are out of the east at 10-15 knots and can occasionally get stronger, building to 30 knots. Strong winds may impact our itinerary. It is usually an easy sail south. If conditions are windier than average, we may shift our itinerary to accommodate the conditions.

GALLEY AND PROVISIONING

Provisioning will be discussed at the crew meeting. Initial menus will be made for staples. Provisioning for breakfast, lunch, and snacks will be done in advance through the charter company and are included in the cost of the trip for the skippered boats. We will assist bareboat skippers in planning for their charters. Additional provisioning will depend on crews' desires. Final provisioning will be completed once we arrive in Tortola.

Road Town has three full service markets and there are a variety of small shops for provisioning needs. Each skipper will work with participants to select items to appeal individual tastes on board. It is a charming experience to wander through a Caribbean grocery store and see what fresh specialty items are available. Recognize that all retail goods have to be shipped to the islands, and following the high Christmas season, the cost of specialty products increases as availability decreases.



Each boat is fully equipped with:

- ☐ Three-burner gas stove and oven with outdoor charcoal grill
- ☐ Refrigerator with separate freezer drawer
- ☐ Comfortable salon seating area
- ☐ Storage cabinets for provisions
- ☐ Cooking pots and pans

The crew will decide on how many meals they plan on eating ashore and provision accordingly. Food and beverage costs vary based on individual crews' desires. Breakfast, lunch, snacks, and one dinner will be provisioned through SunSail on club boats. Additional meals will be decided upon and purchased as a collective by the crew, depending on tastes.

Global Destinations recognizes that people have different experiences and tastes in personal beverages (alcohol) and provisioning time will be provided for members to make their own purchases. One or two crew members are assigned to stowing the provisions.

While galley duty is a shared responsibility, those who inventory the provisions can help others to find stored items. Each boat will set up their own cooking and cleaning schedules based on crew expectations and experience.

Special Dietary Needs

Captains and skippers will consult with participants at crew meeting regarding advanced provisioning. This is your opportunity to let them know if you have specific dietary needs or restrictions. We can plan ahead to accommodate you. If there are unique items you desire, you will have time to purchase them during the provisioning trip.

Breakfast

Breakfast will be between 7:00 AM to 9:00 AM each day on club boats, with flexibility based on the itinerary, group, and individual desires. We have enjoyed full course breakfasts, complete with bacon, eggs, et cetera. We have also enjoyed granola bars and fruit, depending on the crew.

The goal is to meet your needs so you will have energy to enjoy the rest of your day. **Lunches**

Lunches are very casual with no set schedule. They can be soup and sandwiches, salads, veggie sticks, or local fare. Lunch is often served under way and conditions may dictate what we have on a particular day. If the crew is in agreement, and a nice lunch spot is found, we can dinghy ashore to eat at a local restaurant or picnic on the beach.

Snacks

Snacks are always a very personal thing and whatever the crew desires. Sometimes they can be chips and salsa or cheese and crackers. Fresh fruit and nuts are always good (and delicious), as they require little to no preparation and help maintain energy.

Dinners

Dinners provide the most flexibility. We can choose to relax on board, cook and watch the sunset, or go ashore and sample the local culture and cuisine. When we make provisioning plans, at least one dinner meal on board needs to be included so that if we find a secluded anchorage and decide not to move, we can remain to enjoy the peace and serenity. The local watering holes and restaurants lend to much of the Caribbean's charm. If available, eating lobster on the beach is a must-do activity.

Dinner Ashore

If we choose to go ashore in the evening, meal costs will be the responsibility of each person. Usually most establishments will be willing to split checks. Be sure to carry some cash with you as small "mom and pop" places only accept cash.

Perishables

Over the years, we have discovered that some items have a very short shelf life in the marine environment. We will try to anticipate this by acquiring the fewest possible perishables and restock en route. Often, we come across fresh fish on the docks or at open markets. There is nothing as delicious as fresh seafood caught that very day.

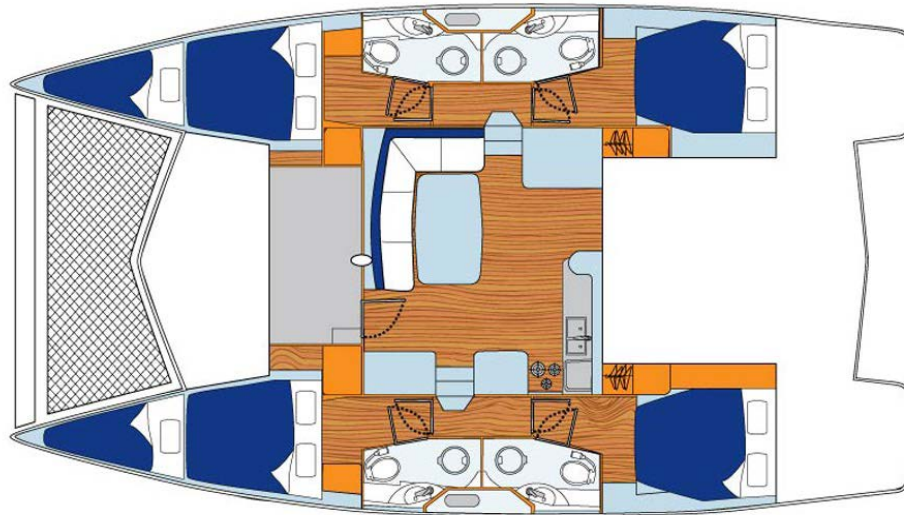


SKIPPERED CLUB BOATS

2 SKIPPERED CLUB BOATS – Sunsail 444 Catamaran and a SunSail 47' Monohull



- Four cabins with fans, lights, and AC
- Double berths in each cabin
- Each cabin has its own head/shower
- Stern shower with hot/cold water
- Engines: Two Yanmar 39hp
- Length Overall: 42.5 ft.
- Beam: 23.75ft
- Draft: 1.27m
- Sail Area: 117m²



Sleeping Accommodations

- ☐ Wall mounted fans and AC in every cabin
- ☐ Hanging locker in each cabin
- ☐ Storage with shelving
- ☐ LED reading lamps and LED overhead lights
- ☐ 6'1 to 6'5 maximum head room
- ☐ Bed linens and pillows included
- ☐ Private en suite shower and electric head (no pumping required)

CLUB BOAT – SS47' Monohull, Premium

The SunSail 47, built by Jeanneau, is a superbly balanced boat, offering a spacious cockpit with dual helms, a generous sail plan, and sleek lines. These combined features result in outstanding performance under sail and make this boat a charterer's dream.



- Three double berth cabins with fans, lights, and A/C
- 6'4" headroom throughout
- Three en suite heads with hot/cold showers
- Stern shower on fold-down swim step
- Dual helms with large spacious cockpit
- Engine: 57 HP Yanmar
- Length: 46'1"
- Beam : 14'8"
- Draft: 5'5"
- Sail Area: 1044 sq ft.
- Fuel : 63 gallons
- Water : 168 gallons
- Fuel: 63 gallons

Sleeping Accommodations

- ☐ Wall mounted fans and AC in every cabin
- ☐ Hanging locker in each cabin
- ☐ Storage with shelving
- ☐ LED reading lamps and LED overhead lights
- ☐ 6'1 to 6'5 Maximum Head Room
- ☐ Bed linens and pillows included
- ☐ Private en suite shower and electric head (no pumping required)



BARE BOATS – SS41' Monohull (Three Available) Premier and Classic

The SunSail 41, built by Jenneau, is a superbly balanced boat, offering a spacious cockpit with dual helms, a generous sail plan, and sleek lines. These combined features result in outstanding performance under sail and make this boat a charterer's dream. She was awarded European Yacht of the Year in 2011.



- Three double berth cabins with fans, lights and A/C
- 6'3" headroom throughout
- Two heads with hot/cold showers
- Stern shower on fold-down swim step
- Dual helms with large spacious cockpit
- Engine: 40 HP Yanmar
- Length: 39'3"
- Beam : 13.1"
- Draft: 5'1"
- Sail Area: 848sq ft.

Sleeping Accommodations

- ☐ Wall mounted fans and AC in every cabin
- ☐ Hanging locker in each cabin
- ☐ Storage with shelving
- ☐ LED reading lamps and LED overhead lights
- ☐ 6'1 to 6'5 maximum head room
- ☐ Bed linens and pillows included
- ☐ Private ensuite shower and electric head (no pumping required)



Modern Sailing School and Club
PROPOSED ITINERARY*
January 5 to January 15, 2019



The itinerary is designed around typical weather conditions in the Windward Islands for January, but may be adjusted based on local conditions and weather patterns. The trip leader will make prudent decisions based on wind, weather, and sea state to ensure a safe and enjoyable trip. Typically, the Windward Islands are predictable and straightforward, and MSC's captains are experienced in these waters.

We will visit a host of islands, each with unique characteristics. The Windward Islands are designed around the vacation cruising and charter lifestyle. The islands offer a variety of dining, snorkeling, diving, island touring, hiking, and shopping activities. The primary economy in the islands is charter tourism. The itinerary includes a combination of sailing with longer (30 nm) and shorter (8-10nm) stretches and some reefs to hone your navigation skills.

This is a flotilla and the goal is to have all boats follow a similar route and plan. Part of the adventure is connecting to other boats and members. We have often had a rotating happy hour in the evenings. Each boat can take a turn hosting one night and we all dinghy over to enjoy snacks and drinks after anchoring up. There may be need and/or opportunities to anchor up in different locations or visit different sites based on conditions or interests. Options will be coordinated through the trip leader on a case-by-case basis.

DAY 1 – Saturday, January 1: Arrive at SunSail Base, Rodney Bay



Check in at base in the afternoon and meet your other crew mates. We will have a Modern Sailing welcome reception in the afternoon and check on to the boats at 5:00 PM.

We'll settle in for the evening, and the following morning, we'll complete final inventory. Crew will split duties. Some will inventory and store the provisions, while others visit the local markets for items that were not pre-ordered, while the captains and skippers attend chart briefings.

DAY 2 – Sunday, January 6: Rodney Bay to Soufriere ~20nm

We will complete the final check-out on the boat and get the crew ready to sail. We'll depart Rodney Bay and turn south, sailing down the coast with the deep blue of the Caribbean on your starboard side and the lush tropical flora rising up the steep hillsides of this beautiful island paradise. This is a good "shakedown cruise" for the crew to get used to the boat under sail.

As we proceed down the coast at Anse La Raye, we will stop for a lunch break along a quiet sand beach and go for a swim or snorkel.

We will then enjoy a leisurely downwind sail to proceed farther south and arrive in Soufriere Bay where we will pick up a mooring ball for the evening.



DAY 3 – Monday, January 7: Soufriere to Admiralty Bay, Bequia ~ 50nm



Not quite your typical Monday, but an early day all the same. After spending the night resting under the majestic view of the Pitons, we will raise sails with the sunrise.

Heading south to Admiralty Bay, Bequia, this will be our longest day of sailing day during the course of the trip.

On a beam to broad reach with seas on our quarter, this is the perfect leg for your crew to get their sea legs.

DAY 4 – Tuesday, January 8: Layover Day

After the long sail the day before, spend the day relaxing day in Bequia. Take the day to unwind and sit on the boat in the protected bay, stroll along the main street of this old whaling port, or join the crew for an island tour with stunning vistas and a visit to the Old Hegg Turtle Sanctuary.

Enjoy the hospitality of the local people and spend the afternoon at a beachside bar to watch the sunset. Meet the locals and chat with cruisers as you let the day gently wind down. After the sunset, relax under the palms and order a casual dinner while a steel drum band plays the rhythms of the Caribbean.



DAY 5 – Wednesday, January 9: Admiralty Bay, Bequia to Kearton's Bay, St Vincent ~15 nm



In the morning, we will check out through customs and then turn back north, stopping for the night on St. Vincent. We will pick up a mooring ball and relax at the end of the day, or explore the small stores and restaurants along the shore.

St. Vincent became famous for numerous scenes from the Disney movie *Pirates of the Caribbean*. The main sets were in Wallilabou, where we can sail in for lunch and see the arch. The sets themselves have deteriorated greatly. We will anchor up in Kearton's Bay, a small, well-protected anchorage that boasts a couple of little restaurants.

DAY 6 – Thursday, January 10: Kearton's Bay, St Vincent to Soufriere, St Lucia ~36nm

Now that we have our sea legs, we will venture out across the St. Vincent channel on a close reach, heading north back to St. Lucia to enjoy a larger slice of paradise.

Once we clear the island, we will have 26 miles of open ocean sailing. If the trade winds persist, it will be a good wind north between a close reach and a beam reach. If the winds are out of the north, we will be tacking and adding miles and time to the journey.



DAY 7 – Friday, January 11: Lay-Over Day at the Pitons



Welcome to the Pitons, a world heritage site. The Gros Piton rises over 2600 feet above the turquoise Jalouise Bay, with Petite Piton rising over 2400 feet.

Enjoy the grandeur from the boat or join a guided nature hike to explore the flora and fauna of this tropical paradise. Hike to a magical waterfall and take a refreshing swim in the pool of cool rain water.

If that is too adventurous for you, pull up a chair on the beach, relax, and listen to the sound of the wind through the swaying palm trees while sipping on a tropical drink.

DAY 8 – Saturday, January 12: Pitons to Marigot Bay

This is the perfect day to enjoy a sail up the coast and grab a mooring ball to spend the afternoon at Anse Cochon.

Relax on the boat or dinghy ashore to beachcomb, go for a hike to the top of the hill, or pop into Kai Manje's bar overlooking the bay for an afternoon beverage.

In the afternoon, we will decide whether to spend the evening here or sail in to enjoy the beauty of Marigot Bay for the evening.



DAY 9 – Sunday, January 13: Marigot Bay to Castries



Explore the history, culture, architecture, shopping, and vibrant night life of the capital city. Wander around one of the largest outdoor markets in the Caribbean, filling your senses with the sights, sounds, and smells of this cosmopolitan Caribbean city. Visit the square and walk through the Cathedral to marvel at its ornate art work and stained glass.

In the evening, scout out your choice of restaurants. From local street vendors to high-end fine dining, Castries offers a wide variety for all tastes. As the evening progresses, step into one of the air-conditioned bars and dance the evening away to your heart's content.

DAY 10 – Monday, January 14: Castries to Pigeon Island

Another Monday – but we are not done yet! This is our last day under sail, tacking out from the coast, making one more swing on a beam reach, and then tacking back just north of Rodney Bay to Pigeon Island.

We will rest at a quiet anchorage for our last night on board. Go ashore and explore the remnants of the two forts including British Fort and Rodney Fort. Both of the forts served to protect Rodney Bay from Pirates and French marauders who would sail down from Martinique. There are a few quaint restaurants on shore.



Day 11 – Tuesday, January 15: Return to Base ~4nm



After a light breakfast, we make the short sail back to the base and disembark from our yachts. We reflect on our adventure among some of the most beautiful islands in the World.

Having created a lifetime of memories of sailing adventures, tropical sunsets, and new friends, we will each make our own arrangements for a few days layover or return to the states.

***Itineraries are subject to change based on sea state, weather conditions and anchorages
The itinerary may be adjusted based upon Trip Leaders judgment.**